

of the remaining senses. Its manifestations causes the body to work or rest. Its motor is in the brain.

GOVERN OUR TATTVAS.

There are many nerves or main trunk lines in the body which can be fully governed by practice and will effect the entire system.

There are two main trunk lines and stations in the spinal column with which we will deal. One the positive current, Pingala, the other a negative current, Ida.

There is a hollow canal in the spinal column called Shushuma. At the lower end of this canal is a lotus or station in the shape of a triangle in which is stored or coiled the life energy called Kundalina.

It is through breathing that the Kundalina rises to do your bidding and without the breathing exercises it remains dormant, but by certain practices it can be opened and the currents of the nerves made to travel through it; you shall be released from Bondage by controlling your will power.

Slowly fill the lungs with good pure air, inhaling through the left nostril (Ida) and at the same time, after having made your mind a perfect blank, concentrate the mind on the nerve center, sending the Udana down the spinal column striking violently on the last plexus or Basic Lotus. Hold it here while you count nine then slowly draw the Udana out, counting nine, and send it through the right nostril (Pingala), sending it down through the left side of the ventricle (heart) to the Solar Plexus, and let it then go to the other organs of the body at will.

This "Vita Science" is promulgated by Dr. H. M. Farnum, C. Frances Farnum and Blanche L. Becker, and published in their invaluable book. It should be the "vade mecum" of the medical practitioner. Let him turn to it when the comic papers fail to stir his risibilities. Let him read as he runs, and be wise.

Editorial Comment

In another column will be found various clippings and news notes showing some of the activities and difficulties of the State Board of Medical Examiners.

Manuscripts submitted for publication *must* be typewritten, double spaced, correctly spelled and punctuated, and properly capitalized. The editor has plenty of material on hand without wasting time on articles which do not meet these very elementary requirements.

Tropical pathology has received a momentous addition in the discovery by Noguchi of an organism which is probably the cause of yellow fever. This he has provisionally named leptospira icteroides. In morphology it closely resembles the leptospira icterohemorrhagica, the etiological factor in Weil's infectious jaundice.

Apparently the doctors outside San Francisco and Los Angeles have no interest in seeing estab-

lished a Clinical Department in the Journal for presentation of short concise case reports from their actual practice. As the idea seems good, however, it is being followed out in a somewhat different way as will be found by turning to the Clinical Department which began last month and will appear in each issue this year.

Considerable attention has been directed in the past year to the nutritive value of the banana. Recent studies by Sugiura and Benedict¹ indicate that only minor additions are necessary to make the banana a complete balanced food. They find that growth, maintenance, reproduction and perfect milk production occur in albino rats on a diet of 83 per cent. banana, 16 per cent. casein, 0.5 per cent. yeast, and 0.5 per cent. protein-free milk. The protein-free milk supplies a substance necessary for proper milk production by the mother. This seems possibly to represent a new vitamin not found in yeast. Thus bananas and milk in proper proportion would seem to constitute a perfect food.

According to the Fresno Republican the official definition of chiropractic, as given by its founder, is "an illiterate and unintelligible jumble, obviously the production of an ignorant man, who can neither write nor think and does not know the sciences he professes to teach. Now comes something much more practical—the prospectus of the Los Angeles chiropractic college, announcing exactly what it has to offer. The main inducement put forward by this professional institution is that it requires no general education and very little special education before turning its graduates loose to make money.———The whole thing, in its appeal to its 'prospects' is frank, unabashed graft, with its emphasis on its lack of educational requirements, and on the quick and easy money to be made." That is the truth and we cannot improve on the truth.

The difficulties of the State Board of Medical Examiners in securing convictions for offenses against the Medical Practice Act are well illustrated in the matter of a recent case of a jury trial in Oakland of a Chinese herb doctor who admitted that he was unlicensed, and that he had been practicing medicine. The jury, in the face of the evidence, refused to bring in a verdict. It is time that citizens, all citizens, impress on their consciences that the first obligation of citizenship is jury duty, and that it devolves upon elected legislatures to make laws and on juries solely to determine if those laws have been violated. Juries must decide on the basis of facts presented and of the law as interpreted to them by the court. Too often these days do juries arrogate to themselves actions which do not pertain to the lawful status of jury duty. Too often is justice defeated, and the jury system itself imperiled, by such unwarranted conduct.

¹ J. Bio. Chem., Dec. 1919, p. 449.